

Physical Activity

Exercise Goal: Aim for **150 minutes each week**, broken up any way you like, and choose activities you enjoy; cardio helps your heart, strength builds muscles, and stretching improves flexibility—talk to your doctor before starting.

Types of Exercise:

Weight Resistance



Strength exercises build and keep muscle. Keeping muscle as you age helps protect your bones and supports a better quality of life.

- Weightlifting
- Weight Machines
- Weighted Exercises
- Resistance Band Workouts
- Ankle & Wrist Weights



Cardiovascular Daily Movement



Cardiovascular exercise helps lower blood pressure, control blood sugar, support weight, and improve heart and brain health.

- Walking or Running
- Biking
- Swimming
- Dancing
- Golf



Daily Movement



Daily movement helps keep weight steady, improves mobility, and reduces stiffness, aches, and joint pain.

- Grocery Shopping
- Gardening/Yard Work
- Stretching/Yoga
- Household Chores
- Chair Exercises



How to Get Started:



Plan ahead: Look at your week and choose times to exercise so you reach 150 minutes total (for example, 30 minutes on 5 days).



Choose: Pick activities you enjoy, like walking or stretching, so you look forward to being active.



Stay on track: Invite a friend or join group classes to help you stay motivated and consistent.



Have fun: Exercise can be enjoyable—try free workout videos online to stay active at home.

Gym tip: Check your insurance. You may get a free or discounted gym, especially for seniors.

